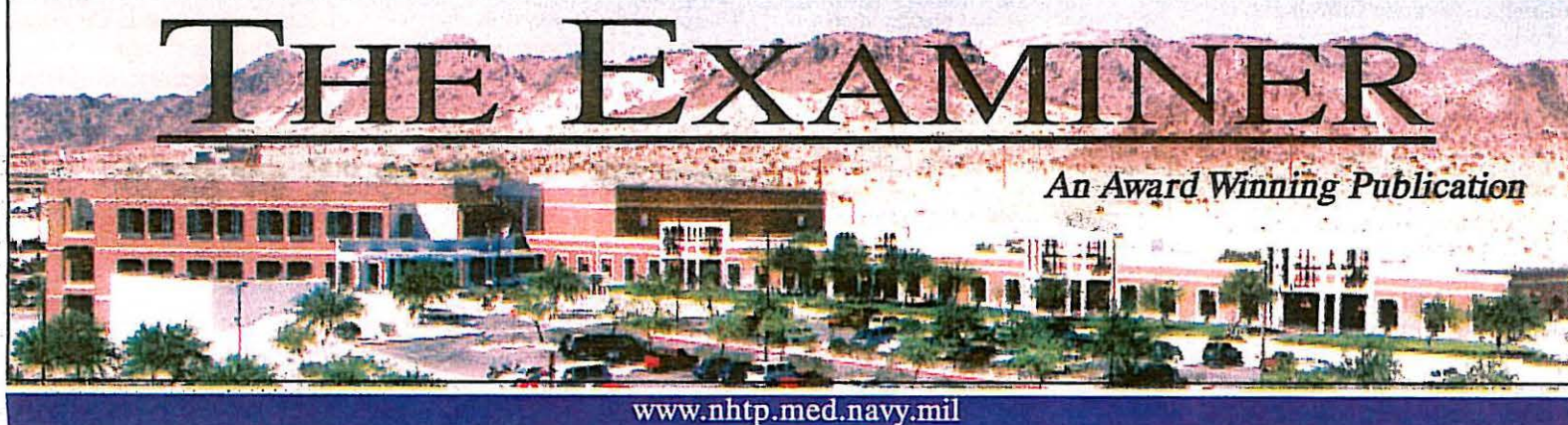


Happy Birthday  
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## Naval Hospital Gets Full Time Chaplain

By Dan Barber  
Public Affairs Officer  
Robert E. Bush Naval Hospital

**L**ieutenant Terry Moran, CHC, was assigned by the Marine Corps Air Ground Combat Center's Religious Ministries Directorate to the hospital as its full-time Chaplain following the transfer of Chaplain Redmon some months ago.

Chaplain Moran is a minister of the Seventh-day Adventist Church, earning his Bachelor of Arts in Theology at Walla Walla College in College Place, Washington in 1985.

He went on to earn a Master of Divinity from Andrews University in 1990.

Moran spent 12 years as a pastor for different congregations in the State of Washington. In 1999 he went into hospital chaplaincy in the bay area of California.

In 2001, when he learned of the shortage of chaplains in the U.S. Navy, he decided to join. He received his commission in July of that year, and was assigned CREDO Camp Pendleton/Twenty-nine Palms from December 2001 to October

2004. He then was assigned as Staff Chaplain for the USS Peleliu LHA-5 in San Diego from October 2004 until November 2006. Moran reported to the Naval Hospital in December.

Chaplain Moran will offer services in:

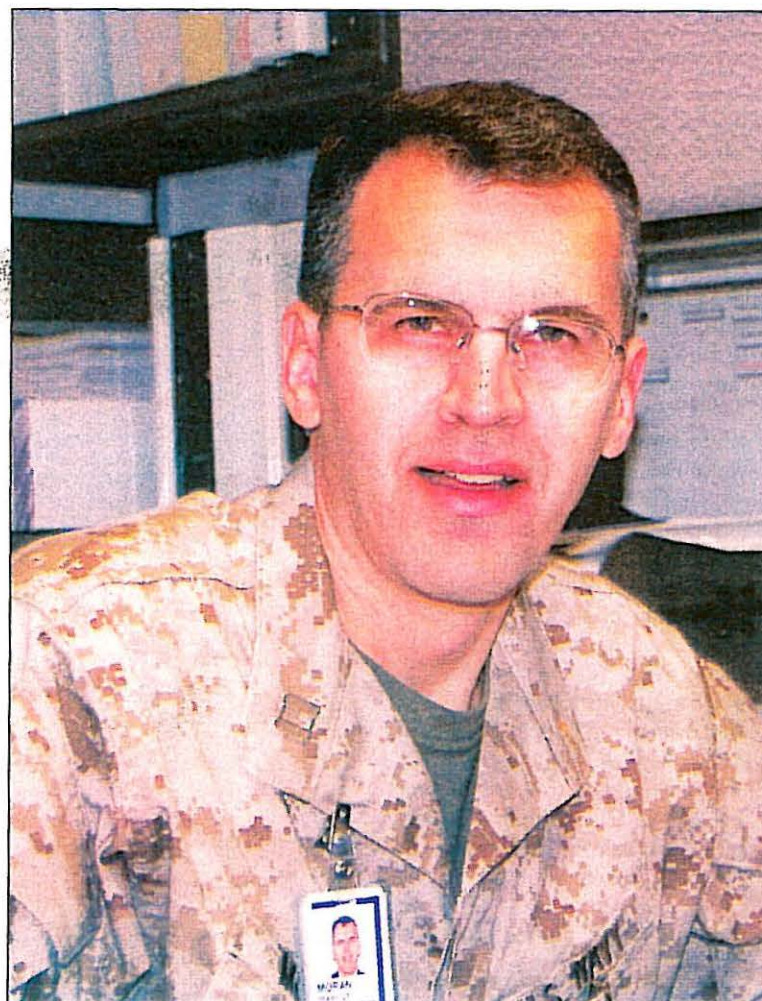
- \* Religious and spiritual
- \* Marital and Premarital
- \* Referrals
- \* Crisis Intervention
- \* Family, Child and Youth
- \* Singles Issues.

The classes he will offer include:

- \* Good and Angry: Making Anger Work For You
- \* Secrets to Fast Track Fathering
- \* Discovering Your Child's Design
- \* Healthy Lifestyle Choices
- \* MBTI (Meyer-Briggs Type Indicator)

- \* Grief Recovery.
- Briefs are also available for:
- \* Stress without Distress
- \* Suicide Prevention
- \* The Hazards of Alcohol

Chaplain Moran is committed to providing care and support to all faith traditions.



### Inside...

What is asthma? What is an allergy? And why can't I breathe? *page 2*

Most of the dangerous creatures of Morongo Basin have been tucked away hibernating for the last few months. However, as spring is quickly approaching, the desert and its creatures will be re-awakening to begin the cycle of life again. *page 2*

This time of year, we are celebrating Women's History Month to honor the significant achievements and contributions of women in building our nation. *page 3*

TRICARE beneficiaries who are registered on [www.triwest.com](http://www.triwest.com) now have their own personal profile to provide quick online access to their TRICARE benefits. *page 7*

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Here's to your health...

## It's Hay Fever Season, Here's Some Advice to Let You Breathe Easier

By Martha Hunt, M.A. Health Promotions Coordinator  
Robert E. Bush Naval Hospital

**W**hat is asthma? What is an allergy? And why can't I breathe?

Asthma is a lung disease where the small air passages in your lungs, bronchioles, become inflamed and close down or spasm. When this happens, you cough, wheeze, are short of breath, and have tightness in your chest.

Asthma attacks are usually triggered by allergies, but can also be triggered by

- \* infections like a cold or flu,
- \* emotional stress or excitement,
- \* vigorous exercise,
- \* cold air,
- \* occupational dusts and chemical vapors,
- \* air pollution such as cigarette smoke or car exhaust,
- \* household chemicals like

cleaning products or cosmetics, or

\* medications such as aspirin, ibuprofen and some heart medications.

What is an allergy? An allergy is when the body 'over-reacts' to something in your environment that is normally harmless. For example, common substances, or allergens, that cause reactions include pollen, dust mites, mold, roaches, fish and shellfish, peanuts, latex and some medications. Signs of an allergic reaction can include not only asthma attacks but congestion, runny nose, watery eyes, sneezing, hives and coughing.

If you are severely allergic to an allergen, and the body responds in full force against it, you can experience what is called 'anaphylactic shock.' This

is when your lungs and throat spasm and swell shut, cutting off all of your breathing. You can die from anaphylactic shock if you do not seek immediate treatment.

What is the best way to handle asthma and allergies?

Avoidance and treatment! Spring starts early here in the desert and many of the plants that you may be allergic too are ready to explode with pollen. Start your seasonal allergy medications now, and you will breathe and feel better when hay fever season actually starts.

If you have allergies, do your best to avoid the substances that make you react. Keep your home as dust free as possible, avoid pet dander, stay away

from pollutants such as cigarette smoke, cleaning chemicals and the like and use mechanical filtration such as room filters and air conditioners to remove pollen and dust from the air. In the winter, continue to use room filters and maintain your furnace with HEPA filters when possible. A few extra dollars spent on HEPA furnace filters each year can make a world of difference in your breathing ability.

There are medications available that can help your body defend itself from both asthma attacks and from allergic reactions. Your physician can evaluate you, perform tests and determine which of these medications are best for you. Also, make sure you tell your doctor

what medications you are already taking including supplements and over the counter drugs since they can interfere with the asthma and allergy medications.

Watch for symptoms that you are going to have an allergic reaction or an asthma attack. Early response to the symptoms can reduce the severity of the attacks and keep you out of the emergency room or the hospital.

Learn to be active in the management of your asthma and allergies. Remember, the better you manage your asthma symptoms, the fewer visits that you will need to the emergency room and the higher quality of life you will have.

## Dangerous Creatures of Morongo Basin

Martha Hunt, MA Health Promotions  
Robert E. Bush Naval Hospital

**M**ost of the dangerous creatures of Morongo Basin have been tucked away hibernating for the last few months. However, as spring is quickly approaching, the desert and its creatures will be re-awakening to begin the cycle of life again.

If you have been in Twentynine Palms for a while, some of these may not be so scary anymore. If you are new to Twentynine Palms, you think that everything that crawls, slithers, creeps or flies is going to either kill you or leave you maimed for life. Here is a brief overview of some of these critters, which in the end are not so scary after all when you learn how to avoid them.

The best form of critter prevention is to stay away from them, to eliminate all inviting, homey spots around your home such as piles of lumber and debris, and to seal all cracks and crevices that they can use to crawl into your home. A little spackle and paint does wonders as far as sealing tiny cracks and holes where the critters can enter your home.

Most critters, either poisonous or semi-poisonous, prefer nice dark, quiet, undisturbed places such as out buildings, wood or debris piles, closets, attics, etc. and they usually only wander out of these spaces when they are hungry. In fact, most critter/ human contact is purely accidental on both parts, resulting in the critter biting out of fear.

The two scariest spiders in this area are the Black Widow and Brown Recluse spiders. While it's correct that there are no true Brown Recluse here in Morongo Basin, their first cousins live here, and at first glance can be mistaken for a true Brown Recluse. This cousin of the Brown Recluse also causes necrotizing bites and so should also be viewed as potentially dangerous. A necrotizing bite is a bite that doesn't heal and continues to fester and spread from the original bite spot. Brown Recluse bites can take up to two months to heal and need to be kept clean like any open wound.

Spider and scorpion bites are rarely fatal, and when handled proper-

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Continued on page 7



# Celebrating National Women's History Month

By HM1(FMF) Michael Santos, Naval Hospital Diversity Team Member  
VMU-1 Medical Camp Taqaddum, Iraq

**T**his time of year, we are celebrating Women's History Month to honor the significant achievements and contributions of women in building our nation.

Plenty of significant things have been done, huge amount of times have been spent, enormous resources have been utilized and heroic services have been offered by these great people. Most of them endured the pains and sacrifices in carving

the history of America, most particularly during the tumultuous struggles of the American Civil Rights Movement so that their children's children will live the glorious lives they dreamed and envisioned to be. Some wholeheartedly championed women's rights during the women's liberation period.

These are the reasons why in 1987, a joint Congressional Resolution was enacted declaring the month of March as

National Women's History Month after enormous lobbying from different cause oriented groups.

This important milestone is a way of recognizing the historical, economic, social and cultural commitments that our women gave our country.

These women are our political activists, civil rights advocates, utopian feminists, tenacious organizers, and determined leaders of social justice originating from all walks of life and living as educators, lawyers, politicians, scientists, plain housewives, military personnel,

layperson, missionaries and many other laureates of our era. They all share one vision and share common character in enforcing what is morally right in our society.

We should also take pride in our military community because we have a long list of women serving in the military who risked their lives and devoted their precious time in contributing to the growth, progress and defense of our nation. About 350,000 women served in the armed forces during World War II. Many more provided support services. About 100,000 of those women served in the U.S. Navy as WAVES (Women Accepted for Volunteer Emergency Service). Almost two million women have already served and are serving in the United States Armed Forces. Some of our heroines are:

Mary Walker - Devoted herself to the care and treatment of the sick and wounded during the Civil War.

Julia Ward Howe - Composed the patriotic "The Battle Hymn of the Republic" in 1862.

Clara Maass - a U.S. Army Nurse who advanced medical science when she volunteered to be bitten by a mosquito carrying yellow fever in 1901.

Leola Hopkins - the first woman to enlist in the U.S. Navy after the outbreak of World War II. Her mother was a corporal in the female Marine

reserve unit during World War I. Mary Hallaren - led the first Women's Army Corps Battalion, a noncombatant force in World War II and directed the organization after the war ended.

Lt. Kendra Williams, USN - became the first U.S. female combat pilot to bomb an enemy target in 1998 during Operation Desert Fox.

Lt. Col. Eileen Collins - first woman astronaut to command a space shuttle mission in 1999.

Brigadier General Rebecca Halstead - current Commanding General, Ordinance Support Command of the United States Army.

Thousands of lives of Airmen, Marines, Sailors and Soldiers especially those serving forward in the combat zone are protected by an ingenuity of a woman, Stephanie Kwolek, who in 1966 invented Kevlar, a very strong synthetic fiber used in body armor and helmet.

Countless other women have dedicated their lives in contributing to the advancement of art, athletics, business, government, philanthropy, humanities, science, education and many other fields of endeavors.

So when you go home today, please don't forget to greet your Mom and Sister. And when you go back to your workplace, greet your female colleagues, staff and friends. They deserve it plus it will brighten up their day.

## Chiropractic Services Available to Active Duty at Hospital

**T**he Robert E. Bush Naval Hospital now has a Chiropractor available to treat active duty personnel with a referral from a Primary Care Manager.

Dr. George Sargetis has been contracted by the Naval Hospital for some time now providing Chiropractic services in the Orthopedic/General Surgeries clinic.

Sargetis received a Bachelor's in Biological Sciences degree at the University of Pacific in Stockton California then his Doctorate in Chiropractic from Palmer College of Chiropractic in Davenport Iowa in 1983. In addition to his hospital practice at Twentynine Palms, he continues to maintain a private practice in Sacramento, Calif. Dr. Sargetis also teaches continuing education CPR, and he is a Qualified Medical Evaluator, Certified Disability Evaluator, Certified Chiropractic Extremity Practitioner and Certified in Rehabilitation.

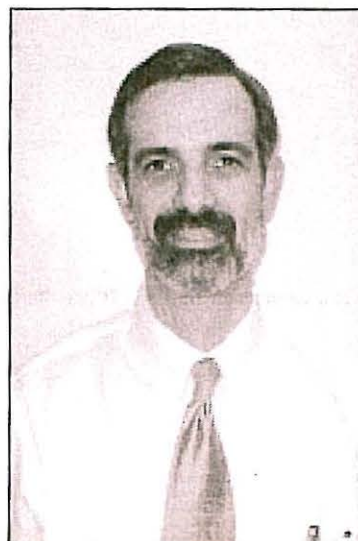
Chiropractic doctors are trained to find subluxations (misalignments) and adjust (also called manipulate) the spine and other joints of the body. This adjustment improves the mobility, alignment and function of the joints and related tissues.

Treatments have been clinically and scientifically recognized as being beneficial for the treatment of back pain. The adjustments given by a Chiropractor are intended to improve the body's function to allow improved health and vitality. In many cases this is the only

effective treatment.

When a patient comes in for treatment, a health history will be taken, including past health problems, injury history and activities of daily living. The examination will include an evaluation of movement, strength, posture, orthopedic tests and neurological screening. To prepare the spine or extremity for the adjustment, therapeutic modalities may be used to reduce pain inflammation or muscle spasms. To assist in recovery, rehabilitation exercises or nutritional recommendations may be given.

"I am excited to use my experience and training from the last 24 years of private practice to treat our service personnel. It has been my experience that when you're injured and in pain, two things are important; getting the care that ends the pain and giving you the relief that lasts. It's also important to restore



proper spine and extremity function for optimal physical performance, especially with the intense physical training required. I look forward to helping each of you," said Sargetis.

*Continued on page 8*

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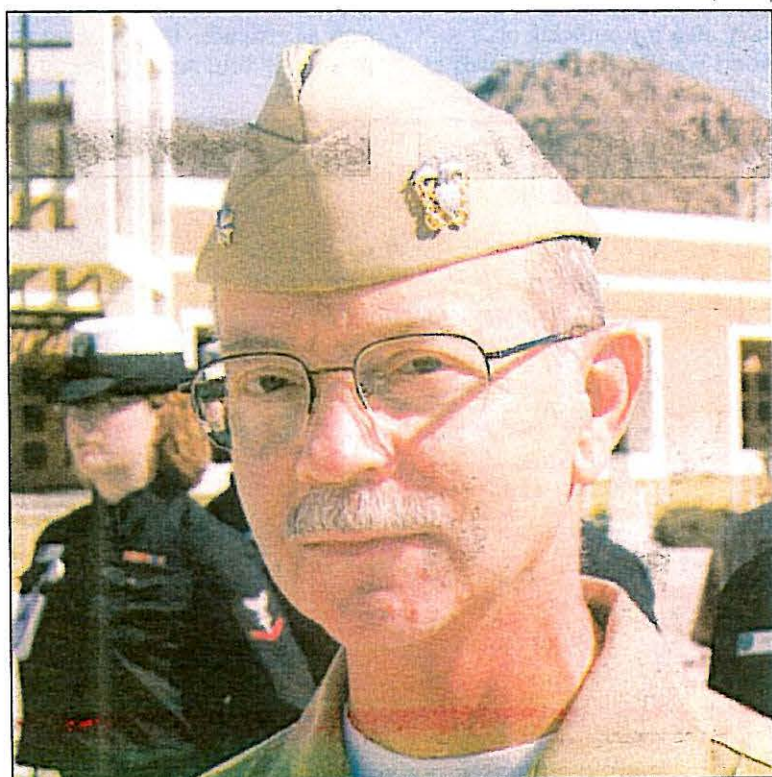




# Super Stars



**Lieutenant Commander Timothy Devine, Internal Medicine Physician, takes the oath during his recent promotion ceremony to his current rank.**



**Commander James Sexton, Nurse Practitioner in the Primary Care Clinic, receives a Navy and Marine Corps Commendation Medal.**



**Lieutenant Nicole Panos, Health Care Operations, takes the oath during her recent promotion ceremony to her current rank.**



**HMC Ben Cabarloc and Captain Mark Boman, Commanding Officer, Naval Hospital Twentynine Palms, cut the cake at the opening of the African American/Black History Month celebrations.**





**Martha Hunt, Health Promotions Coordinator receives two Letters of Commendation.**



**HM2 Billy Busby, Physical Therapy, receives his second Good Conduct Award.**



**HN Rivera-Marinez, Orthopedic Clinic, receives his first Good Conduct Award.**



**HM2 Andrea Emery, Emergency Medicine Department, receives a Toys for Tots Appreciation Certificate.**



**HM3 Mary Ann Holman, Health Care Ops, receives a Toys for Tots Appreciation Certificate.**



**Julie McClay, formerly of Materials Management, receives a Letter of Commendation.**



**HM2 Franz B. Reyes, Laboratory, receives his third Good Conduct Award.**



**HN Marcelo Pereira, Surgical Suite, receives his first Good Conduct Award.**



**HM2 Jeffery Hunter, Preventive Medicine, receives a Toys for Tots Appreciation Certificate.**



**HM3 Sarilyn Ogunoro, Surgical Suite, receives a Toys for Tots Appreciation Certificate.**



**Lt. Michael Mero, Head, Nutrition Management Dept., receives a Letter of Appreciation.**



**HM3 Justin Jenkins, Surgical Suite, receives his first Good Conduct Award.**



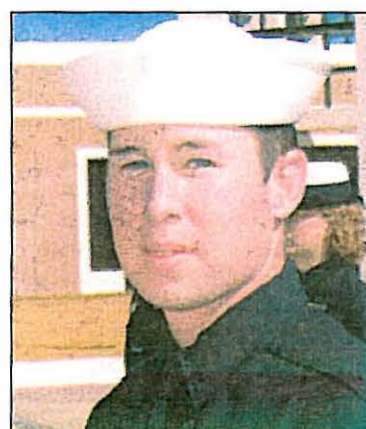
**Captain Denise Johnson, Director for Nursing and Surgical Services, receives a Toys for Tots Appreciation Certificate.**



**HM3 Edgar Escobar, Emergency Medicine Department, receives a Toys for Tots Appreciation Certificate.**



**HM3 Dorian Rodriguez, Patient Administration, receives a Toys for Tots Appreciation Certificate.**



**HM2 Jeffrey Pearson, Laboratory, receives his second Good Conduct Award.**



**HM3 April Kuehn, Primary Care, receives her first Good Conduct Award.**



**HM1 Warren Cabanlit, Laboratory, receives a Toys for Tots Appreciation Certificate.**



**HM3 Levi Gonzales, General Surgery Clinic, receives a Toys for Tots Appreciation Certificate.**



**HM3 Julius Sagun, Pharmacy receives a Toys for Tots Appreciation Certificate.**

Continued on page 8



# March is National Nutrition Month

2007 Campaign is: '100% Fad Free!'

The first nutrition campaign began in 1973 with a presidential proclamation, TV and radio public service announcements, news releases, and bumper stickers, all featuring the theme 'Invest in Yourself - Buy Nutrition.' From the beginning, the campaign was advertised for one week and denoted National Nutrition Week. In response to the popularity of National Nutrition Week and the public's growing interest in nutrition and health, the House of Delegates called for an expansion of National Nutrition Week to National Nutrition Month (NNM) beginning in 1980.

Meanwhile, in 1977, the American Dietetic Association (ADA) developed Nutribird, an animated mass media symbol of good nutrition. With a body shaped like a head of lettuce and a carrot beak, Nutribird became the spokesperson for NNM. By the mid-1980's, some ADA members felt that Nutribird was not the right image for dietetic professionals and the ADA members then became the spokespeople for National Nutrition Month.

In 1986, National Nutrition Month received the C. Flag Award from the President's Citation Program for Private Sector Initiatives. This spurred the ADA members to become more creative in finding ways to promote each year's themes in a wide variety of settings, including airplane banners, grocery bags, and even Navy Submarines. In 1987, National

Nutrition Month posters and table props made their national television debut on the shows Head of the Class and Growing Pains.

Although industry support of special National Nutrition Months projects had been ongoing, collaboration with McDonald's on a project called Food FUNdamentals took the 1993 NNM messages to a much greater audience through McDonald's 9,000 franchises. This project featured toy food characters and nutrition activity pamphlets developed by the ADA in cooperation with McDonald's. Millions of children learned about the Food Guide Pyramid through the materials distributed with this program.

## Alarming Facts About Today's Population

There is such an overwhelming need for proper nutrition education to reach the American public due to the alarming statistics concerning the health and well-being of children and adults. The number one killer among all races and adults aged 35 and over is heart-related diseases. This is due to the lifestyle, nutritional status, and overall health of most Americans.

### Obesity Statistics

- \* 58 Million Overweight; 40 Million Obese; 3 Million morbidly Obese
- \* Eight out of 10 individuals over 25 years old are Overweight
- \* 78 percent of American's not meeting basic activity level rec-

ommendations

- \* 25 percent completely Sedentary

- \* 76 percent increase in Type II diabetes in adults 30-40 yrs old since 1990

- Obesity Related Diseases

- \* 80 percent of type II diabetes related to obesity

- \* 70 percent of Cardiovascular disease related to obesity

- \* 42 percent breast and colon cancer diagnosed among obese individuals

- \* 30 percent of gall bladder surgery related to obesity

- \* 26 percent of obese people having high blood pressure

- Childhood Obesity Running Out of Control

- \* 4 percent overweight in 1982
- \* 16 percent overweight in 1994

- \* 25 percent of all white children overweight in 2001

- \* 33 percent African American and Hispanic children overweight in 2001

- \* Hospital costs associated with childhood obesity rising from \$35 Million (1979) to \$127 Million (1999)

- Childhood Metabolic and Heart Risks

- \* New study suggests that one in four overweight children are already showing early signs of type II diabetes (impaired glucose intolerance)

- \* 60 percent already have one risk factor for heart disease

- Surge in Childhood Diabetes

- \* Between 8 to 45 percent of newly diagnosed cases of childhood diabetes are type II, associated with obesity

- \* Whereas 4 percent of Childhood diabetes was type II in 1990, that number has risen to approximately 20 percent

- \* Of Children diagnosed with Type II diabetes, 85 percent are obese

As a result of the overwhelming media involvement, diet fads have become a popular movement since the early 1990's. The main reason for their popularity is the quickness and ease of the promised weight loss. The ADA has based this years NNM theme on steering the public away from these Fad Diets and back to the proven, science-based approach to weight-loss and leading a healthy lifestyle.

## 2007 NNM Key Messages for '100% Fad Free'

1. Develop and eating plan for lifelong health. Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the new Dietary Guidelines for Americans and MyPyramid as your guide to healthy eating.

2. Choose foods sensibly by looking at the big picture. A single food or meal won't make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can fit into a healthful diet. Learn how to spot a fad food. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

3. Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

4. Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet.

## Facts concerning Fad Diets

A fad diet is a weight loss plan or aid that promises dramatic results. These diets don't offer long-term success, and they are usually not very healthy. Some of them can actually be dangerous to your health.

## Why are fad diets so popular?

People are often willing to try anything that promises to help them lose weight because they want to look or feel better, or because they are worried about getting weight-related diseases. Companies that promote fad diets take advantage of this fact. They appeal to people by promising weight loss that's very quick and easy. Many people prefer to try the quick fix of a fad diet instead of making the effort to lose weight through long-term changes in their eating and exercise habits.

Fad diets also become popular because many of them do work

for a short time. In many cases, this is because when you stop eating certain types of food or eat 'special' combinations of foods, you are getting fewer calories than you normally would. You are also paying more attention to what you are eating. However, it's likely that much of the weight you lose is from water and lean muscle, not body fat. Also, most people are not able to keep up with the demands of a diet that strictly limits their food choices or requires them to eat the same foods over and over again. People who use fad diets usually end up gaining back any weight that they lost.

## How to recognize fad diets?

As a general rule, steer clear of diets or diet products that do any of the following:

- \* Claim to help you lose weight very quickly (more than 1 or 2 pounds per week). Remember, it took time for you to gain unwanted weight and it will take time to lose it.

- \* Promise that you can lose weight and keep it off without giving up "fatty" foods or exercising on a regular basis. If a diet plan or product sounds too good to be true, it probably is.

- \* Base claims on 'before and after' photos.

- \* Offer testimonials from clients or 'experts' in weight loss, science or nutrition. Remember that these people are probably being paid to advertise the diet plan or product.

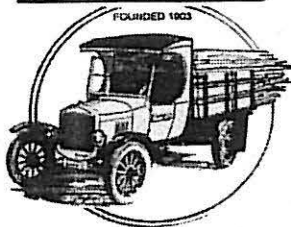
- \* Draw simple conclusions from complex medical research.

- \* Limit your food choices and don't encourage you to get balanced nutrition by eating a variety of foods.

- \* Require you to spend a lot of money on things like seminars, pills or prepackaged meals in order for the plan to work.

A consultation with a Registered Dietitian is the perfect place to start if you wish to develop a healthy weight loss plan that is right for you. A personalized plan will provide a balanced approach for long-term success. If you wish to meet with the Registered Dietitian, contact your PCM for a referral.

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## Hospital Ombudsmen Are Assigned to Help Family Members as Go-Betweens for Communications

Command Ombudsmen were re-appointed to represent the family members of the Robert E. Bush Naval Hospital.

They are:

Stephenie Jenkins

Tiffany Niles

Ryalin Hughes

Several years ago the Navy borrowed the concept of an Ombudsman program from the

Scandinavian countries where an Ombudsman is a person charged with investigating citizens' complaints against the government.

In the Navy, an Ombudsman serves as a bridge between the command and its families working as a liaison or link... to be a source of information and referral.

The Command Ombudsmen are fully supported by the Commanding Officer, and are always kept informed about command activities, therefore if the command had as emergency, the Ombudsmen would be made aware of any information they could share with families.

Spouses may call the Ombudsmen to get accurate answers to a variety of ques-

tions, or be referred to a source for help.

The Command Ombudsmen interacts with organizations such as Family Service Centers, Chaplain's offices, Navy-Marine Corps Relief Society, the American Red Cross and many more... so they know where to go to get professional assistance.

The Command Ombudsmen can be reached by pager at the

following numbers:

Stephenie Jenkins - 1-800-431-0237

Tiffany Niles - 1-800-431-3174

Ryalin Hughes - 1-800-431-0115

Careline Phone Number: 760-830-2716



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By Jenna Holtz  
TriWest Healthcare Alliance

**T**RICARE beneficiaries who are registered on www.triwest.com now have their own personal profile to provide quick online access to their TRICARE benefits.

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To see your personal profile, simply register at www.triwest.com anytime by selecting the -- Beneficiary Services' button on the left side of your screen, and then click on -- Register as a New User and following the directions.

If you need a little help, there's also a handy online registration demo that can walk you through it, or you may call 1-888-TRIWEST for assistance.

## Dangerous Creatures of Morongo Basin...

Continued from page 2

ly, can be easily treated as well. Black Widow bites and scorpion stings feel like a pin-prick and progresses in pain and swelling until the whole area is red, warm, and swollen. The pain may spread to other parts of the body and symptoms may also include nausea, sweating, convulsions and, in rare cases, death.

The only people seriously at risk from Black Widow bites and scorpion stings are the very young or old and those individuals with compromised immune systems. If you are bitten or stung, call your health care provider or poison control number immediately and seek help.

A bite from a Brown Recluse may go unnoticed for several hours before turning red, swelling and beginning to blister. On rare occasions, a severe bite from a BROWN RECLUSE can cause the skin to not just blister up, but to die back and leave an open sore. Healing may take a month or longer and may leave a scar where the sore was. As with the Black Widow bites, BROWN RECLUSE bites should be promptly treated to prevent further health risks.

Regarding snakes, don't tease snakes! They bite to defend themselves and the snake usually ends up paying for your teasing with its life. It has been estimated that as many as half of all snakebites are provoked by humans purposely scaring the snakes. Of those bites that are not provoked by people, most are below the knee and half are dry (meaning that no venom was injected).

A good rule to follow in Morongo Basin is *ñ* -- if it rattles, it's poisonous'. Snakes who do not have rattles in Morongo Basin are either non-poisonous or semi-poisonous (they'll just make you ill if bitten, not kill you).

If any snake bites you or someone you are with, seek medical help immediately! Keep the victim calm, do not ice the wound and do not try to suck the venom from it. Snakebites are rarely fatal, but ALL snake bite victims need medical assistance!

Remember that the best way to avoid the dangerous creatures of Morongo Basin is to steer clear of them. Clean up the debris in your yard and get rid of those comfy hiding places that they live in. Seal all openings to your home and watch where you walk in your yard or when hiking. These creatures will try their best to avoid you and they are hoping you do the same as well.

Don't forget to set your clocks ahead this Spring!

March 11th... Day Times Savings Begins



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# Super Stars



**HM3 Cody Thornton, Laboratory, receives a Toys for Tots Appreciation Certificate.**



**HN Joaquin Cruz, PACU-Recovery, receives a Toys for Tots Appreciation Certificate.**



**Deidre Beard, Coder, receives a Toys for Tots Appreciation Certificate.**



**Ensign Sarah Bishop, Health Care Ops, is relieved as the Boot Ensign by Ensign Steven Starr.**



**Ensign Steven Starr, Multi-Service Ward, relieves Ensign Sarah Bishop as the Boot Ensign.**



**HM3 Bradley Weins, Materials Management Department receives a Toys for Tots Appreciation Certificate.**



**HN Michael Robinson, Surgical Suite, receives a Toys for Tots Appreciation Certificate.**

## Chiropractic Services Available to Active Duty at Hospital

*Continued from page 3*

Chiropractic treatments are available for:

- \* Lumbar Disc Bulge causing Leg Numbness, Weakness or Radiating Nerve Pain - Sciatica.
- \* Lower Back Pain.
- \* Neck Pain, Stiffness, Muscle Spasm, Dizziness.
- \* Arm Numbness/Weakness.
- \* Headaches, Stress, Tension.
- \* Pain Between the Shoulder Blades.
- \* Painful Shoulder Muscles, Can't Reach Overhead.
- \* Ankle Pain, Shin Splints, and Old Sprains.
- \* Painful Wrist or Weak Grip, Carpal Tunnel.
- \* Joint or Muscle Injury.
- \* Training & Combat Injuries.
- \* Poor Posture, Can't Stand Straight at Attention.

Make an appointment with your Medical Officer for a referral to Chiropractic.

The clinic is located on the 3rd deck with General Surgery and Orthopedics.

Dr. Sargetis and staff are available for any questions by calling: (760) 830-2070.

Clinic Hours: Tuesday and Thursday 7:45 a.m. to 4 p.m. and Wednesday from noon to 4 p.m.

## DISNEYLAND TICKETS ON SALE NOW AT YOUR LOCAL CALIFORNIA WELCOME CENTER

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Your friendly Welcome Center Staff is here to help you plan your trip to Disneyland and answer any questions you may have. Please stop by or call for more information at (760) 365-5464. CWC is located on Hwy. 62 at 56711 29 Palms Hwy. in Yucca Valley.

